

Lesson 9: Carrying A Heavier Load

Hi and welcome to another episode of The 10X Effect, Andy Vellacott here once again. So did you make some goals? Or did you at least get started and find that big, high goal we talked about? Because if you're not doing the work, then how do you expect to see any changes. At least not any changes that you're in control of. And you won't get any changes that actually shift things for you and move you in the direction you really want to go in. And you might be like, Yeah, it's fine, I'll do it later, or I'll remember it so I'll just do it in my head. No, if you haven't done it yet then stop listening, pause this audio and go and write it down now.

So did you do it? So by now you should at least have your big high goal written down in some form. It could be on paper, or in a document on your laptop or a note on your phone, but it's somewhere you can look at it, and see it. And this is the first step to bringing it in to reality. And just because you've written it down, it doesn't mean you can't change it. In fact, you probably are going to want to change it at some point because once you start moving towards it, it starts getting clearer. And you can update that goal, and refine it.

And each time you do that, you're also getting clearer on the steps you need to take to get there, and the clearer the steps are, the easier they are and the more powerful they are. So if the steps are becoming easier, and we're getting more powerful, maybe we can start to leverage that and start to make each step a little bit bigger, and maybe with each step, as well as it being a little bit bigger, maybe we can carry a slightly heavier load. And each time we carry a slightly heavier load, we get a little bit stronger, so we can carry a little bit more tomorrow, and then the next day, and the next, and then one day we're carrying such a heavy load that everyone else wonders how on earth we're doing it! It doesn't feel any heavier to us, because we've grown in strength, and we don't feel like we're working any harder, because we're just doing what we always did.

But here's the thing that most people, even if they get good at setting goals and taking actions, here's the bit that most people miss. The bit they miss is the that they forget they have got stronger, and that they can do more, and carry more. So they just keep taking the same actions today as they did yesterday. And that's good, they're still taking action, so they're still moving forward which is more than most people, but they forget, that what got them here won't get them there. So the actions that you've been taking, no matter how good they were for when you started, *won't* be sufficient as you get further up the hill. Because it's like the hill gets steeper the more you climb it. That's why so many people get started with things but never finish them, or they start and make some good progress, but then they seem to run out of steam. And they blame it on the thing they're working on, like it's too hard. No it's not! Or worse, they blame it on themselves and say Oh I wasn't talented enough. Well you learned *something* didn't you? You didn't start trying something and then come away from it **no** better than when you started?

It had nothing to do with how hard that something was, because you can get started doing anything and start climbing that curve. And if you choose to you can just keep climbing. And it had nothing to do with your level of talent, because did you stick with it? Are you still doing it today? Or did you stop doing it? If you had kept doing it how good at it would you be today? And the mistake that most people make, especially today, is to compare themselves with everyone else. And they see someone else doing well at something and tell themselves that they're just more talented than me. But rather than being disempowered and playing the victim, how many people get curious enough to look deeper and ask something more empowering, like, what do I need to learn in order to learn like them? What are they doing differently from me that I could learn how to do too? What strengths do I have that I could lean into to help me do the same?

Now you're in charge of the situation. Now you're in control of the situation. And when you start to look at it, you always, and I mean you ALWAYS see that they're not more talented than you, they're just spending more time on it than you, or they're practicing it more consistently than you, or they're focusing deeper on it than you, or they have learned a contributing skill that you haven't learned yet.

So we're busting a few myths here, but you might not like it, because this stuff gets ingrained deep into our psyches from an early age. And then it just becomes so much *easier* to just quit something and blame it on just say I'm not talented enough, or it's too hard for me, because then we don't have to do any work! But where is that going to lead you? Look for the things that you can change. Look for the things that you can do differently. And try things, and see if they work. And if it doesn't then move on and try something else. And you might have to keep searching for a little while until you find that exact right piece of the jigsaw that just fits in perfectly for you, but if it's something that you really want, if it's a future that you really want to create, then it's worth it, right?

Ok, so you're not going to quit, but then what? You don't want to just keep doing the same thing day after day either. You want variety and you want stimulation, because that is what causes you to grow. And when you start feeling bored by something it's your mind's way of telling you you aren't providing it with enough stimulation and it's not able to fulfill its need to grow. So just like when you're exercising you need to keep gradually increasing the weights if you want to get stronger, because otherwise you're just going to plateau and you're not going to improve any more, you need to keep increasing the load that your mind can carry. And your mind is just like a muscle. It *needs* to be exercised and it *wants* to be strengthened. But when you train a muscle you know you have to do it gradually, otherwise you're going to be sore, and tired. But if you get it just right, and increase that load just a little bit, you hardly even notice it happening, but one day you look back and see all those teeny tiny weights that you used to lift, while your lifting the big heavy weights now.

But you have to get it right. You have to increase that load by the right amount and at the right time. So what do you do? You follow a plan, and you follow a plan from someone who knows what they're talking about, who knows how much to increase the load by, and how often you need to do it, and when you need to rest and recuperate. And you don't necessarily know *why* the loads are increasing by this much, or *why* you need to work hard on this day and rest on that day, you follow the plan and do the work that's in front of you. And once you see that the plan is working for you, you start to enjoy the results.

So this is known as progressive overload, and progressive overload is designed to challenge you just a little bit more each time, because that extra little bit of stimulation sends a signal to your body, or your mind, that it needs to grow or get stronger. And once it's recovered and got strong enough to handle the load you gave it last time, giving it the same load again doesn't create enough of a stimulus to make it grow again, so we have to increase it a bit. So to cause the system to grow and get stronger, we have to overload it a bit. And that overload means that it needs a little bit of time to recover and actually do its growing.

So it doesn't get any stronger while we're actually working it and overloading it, it gets stronger afterwards when we rest it. So we have to be careful not to keep overloading the system day after day, because doing that is what eventually is going to lead to burn out. So the best way to create that overload is in a short, sharp, focused session, where you work your system hard for say 20 or 30 minutes, then you give it time to rest. And resting doesn't mean doing nothing. You can work or study gently for pretty much as long as you like after that, as long as you're not taxing yourself too much, but doing different things, and stimulating your body and your mind in different ways, is usually better.

And over time, you're actually going to get better at doing this, because you'll gradually learn what it feels like when you're in an overload, and you'll be able to judge for yourself how much you can handle and how much rest you need to get. And as you get better you're going to be able to move towards your goals faster and with so much more inevitability than you would ever experience otherwise. So learn this stuff, but USE this stuff, because no matter how interesting it is, knowing it is not the same doing it, and that's the final piece of the puzzle that we're going to talk about in the next episode.

Great. Thanks so much for listening